



Abe Wraps Up Hong Kong Visit

By MC1(SW) JOAQUIN JUATAI
Penny Press staff

The men and women of the USS Abraham Lincoln (CVN 72) Carrier Strike Group (ALCSG) wrapped up a port call in Hong Kong April 10 after four days of liberty.

The ship pulled into Hong Kong April 6, after successfully completing the Reception, Staging, Onward-movement & Integration and Foal Eagle 2006 (RSOI/FE 06) exercises off the coast of South Korea, March 31.

During their four days in port, ALCSG Sailors toured the Hong Kong area, played soccer and rugby, lent a helping hand in community service projects and even found time to squeeze in a run with a local chapter of the Hash House Harriers.

Lincoln's Morale, Welfare and Recreation (MWR) office sold tickets for more than 1,230 tours of the area. Additionally, more than 350 Sailors took advantage of the opportunity to stay in hotel rooms in Hong Kong and Kowloon.

While Sailors explored places such as Lantau Island and the New Territories, Lincoln's soccer and rugby teams played local clubs, getting a taste of international competition. A few other Sailors spent time either playing basketball - both men's and women's teams - or golfing.

LCSG Sailors participated in six community service projects, including work for the Salvation Army, the Banayihan Trust and other local charities. They assisted in preservation, moved supplies

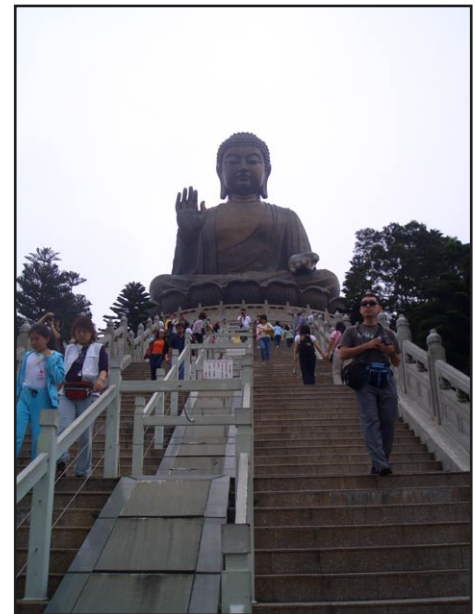


Photo by Lincoln Photo Lab

During the port call, Sailors had the chance to visit Lantau Island's Buddha statue.

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Mobile Bay First to Fuel Foreign Chopper

FROM USS MOBLIE BAY PUBLIC AFFAIRS
Special to Penny Press

Guided Missile Cruiser USS Mobile Bay (CG 53) participated in flight operations with the Hong Kong Governmental Flight Service (HKGFS) April 10 in the Western Pacific Ocean.

The HKGFS consists of both helicopters and fixed-wing aircraft and its primary mission is to provide for emergency airlift and search and rescue in local and coastal waters of Hong Kong.

Three aircraft participated in the event. One fixed wing control craft provided communications relay and air control for the Search and Rescue Event, one helicopter practiced Approaches, Deck Landing Qualifications (DLQs) and refueling and the third helicopter photographed the operations.

"This invaluable training was to practice interoperability

between the US Navy and the HKGFS and allow for their helicopter to practice landing and refueling at sea," said Capt. Thomas Carney, Mobile Bay's commanding officer. "Increasing their range and providing for greater on station time during extended operations."

The primary HKGFS helicopter was able to successfully make multiple landings and relaunch, as well as take on fuel - a first ever for a US Naval vessel.

"The Hong Kong Flying Service pilots were very professional and appreciative for the opportunity to practice on Mobile Bay's flight deck," said Ensign Matt Johnson, Mobile Bay public affairs officer.

Mobile Bay is deployed with the Abraham Lincoln Carrier Strike Group, currently conducting operations with its allies in the Western Pacific during a routine scheduled deployment.

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Local Stories

Spotlight Sailors

LN2(SW) Gail Hill
Legal

Joined the Navy:
June 21, 1995

Advice to new Sailors:

"Keep your head up high, find a mentor, and keep a positive attitude."

Reason she joined the Navy:

"I was heading out into the world and realized I needed job experience, so I joined the Navy."

Something LN2(SW) Hill is looking forward to:

"I'm looking forward to my children's smiling faces waiting for me on the pier at the end of deployment."



PHOTOS BY MCSN TIMOTHY ROACHE

AN Damien Spencer
VAQ-131 / 1st LT Div

Joined the Navy:
June 28, 2005

Advice to new Sailors:

"Put your best foot forward."

Reason he joined the Navy:

"My dad was in the Navy and I wanted to travel."

Something AMAN Spencer is looking forward to:

"I'm looking forward to getting my air warfare pin."

Enrollment in the Navy Log, maintained and displayed at the U. S. Navy Memorial in Washington, D.C., is free through July 2006 for all members and veterans of the sea services, active duty and reserve. Your Navy Log entry can include your name, duty stations, awards, photos and memories. Visit: www.lonesailor.org



ADAMS for Supervisors is an 8-hour course for supervisors and is designed to provide Navy supervisors with knowledge and skills in alcohol and drug abuse prevention, recognition and documentation, intervention and aftercare. It is required for all E-5 and above personnel in first-line supervisory positions.



April 11, 1898

After the Spanish government ignores an ultimatum issued by President William McKinley demanding independence for Cuba, the chief executive asks Congress for the authority to intervene militarily.

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Media Dept. LCPO.....	MCCS(SW/AW) Jon Annis
Editor.....	MC2 Michael Hart
Staff.....	MCC(SW/AW) Christopher King
	MC1(SW) Joaquin Juatai
	MC1 Michael Murdock
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Local News

Showing The American Spirit

By MC2 MICHAEL HART
Penny Press editor

Sailors from USS Abraham Lincoln (CVN 72) and Carrier Air Wing (CVW) 2 First Class Petty Officers Association (FCA) spent liberty volunteering for a community relation (COMREL) project in Hong Kong.

The project, which consisted of repainting a local school-room, demonstrated the generosity of the American people.

"It's important for people to see all aspects of our culture," said Personnel Specialist 1st Class (SW/AW) Jonathan Westrum. "It's important for them to see we're here to help. We are the only existing super power in the world, so it's good to show that we care as well."

In addition to helping out the community, COMREL projects allow Sailors a change of pace from the "typical" port call, Westrum added.

"It's a great opportunity to give back to the community and spend time with friends," he said.

Although the FCA sponsored the event, Sailors of all ranks volunteered part of their day to help out.

"You always feel good after you leave and you've been able to reach someone," said Operations Specialist Christian Wood, from Destroyer Squadron 9, embarked on Lincoln. "You're able to interact with them and make them smile. It just makes you feel good."



Photo by MCSN Justin R. Blake

Lincoln's First Class Petty Officer Association takes part in a Community Relations (COMREL) project at the Bayanihan Trust during a recent port visit to Hong Kong.

Not only do COMRELs show foreign nationals another aspect of the American spirit, they also give help where help is most needed.

"A lot of these (places) are poor and a lot of these organizations get very little state support or very little private donations so it's good we're here to help," said Personnel Specialist 1st Class (SW) Robert Bywater of Abe's Training Department.

Sailors interested in participating in the next set of COMRELs should contact Abe's Religious Ministries Department.

Across

1. Class of fire involving flammable liquids.
4. Condition of readiness set and maintained at sea, in port, during wartime
5. Incremental defensive system based on threat and operations, used in chemical warfare.
8. Mode that NFTI should be used in.
10. Type of eductor used for dewatering operations with a P-100 pump, 530-gpm capacity.
12. Colorless, odorless gases naturally present in the atmosphere; used to extinguish fires.
13. Makes continuous tours of spaces, looking for further damages, reports to scene leader and

Crosswords

Last Week's Questions & Answers

Provided by Lt. Alana Garas



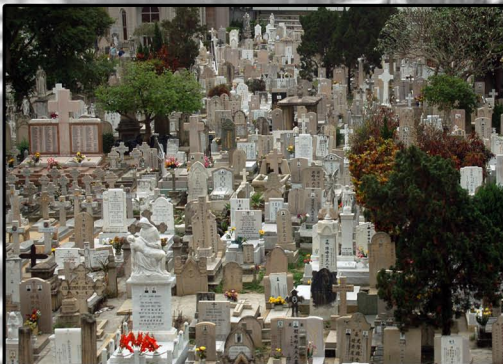
locker leader.

15. Fire Extinguishing agent; colorless gas that mixes with the atmosphere to break down the chemical chain reaction of the fuel during burning process.

Down

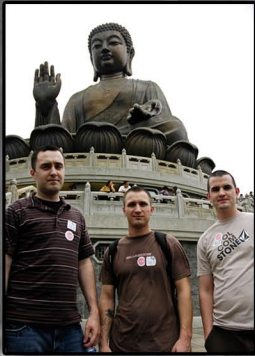
1. Type of warfare using living agents such as bacteria and viruses to cause death.
2. Fire extinguishing agent used to Class Bravo fires, prevents reflash of liquid.
3. A pillar of the fire tetrahedron combines with fuel vapor.
5. Acronym for max total radiation exposure allowed.
6. Unit that uses oxygen to cut, burn, melt or vaporize almost

HONGKONG



Photo's By Lincoln Photo Lab

PORTVISIT



Features

Abe's Galley Works Hard to Feed Crew

By MCSN JAMES R. EVANS
Penny Press staff

What does it take to prepare a safe, healthy, and tasty meal for more than 5,000 hungry Sailors every day? For the members of Supply's S-2 Galley, it takes hard work, long hours, dedication, plus a whole lot of steak and chicken.

The professionals of S-2 provide the crew of USS Abraham Lincoln (CVN 72) and Carrier Air Wing Two (CVW 2) with quality meals at breakfast, lunch, and dinner as well as midrats every day of the year, both in port and out to sea. With a staff of 60 Culinary Specialists (CS), divided between five shifts and the help of approximately 40 food service attendants, S-2 Galley puts hot meals on the plates of Sailors in the forward, aft, and CPO galleys.

"On any given day, we will go through more than 1,000 pounds of chicken, 2,000 to 3,000 pounds of steak, 200 pounds of frozen corn, 400 pounds of veggies, 1,500 pounds of potatoes, 600 pounds of fish, 500 pounds of burgers, and about 120 pounds of hotdogs," said Culinary Specialist 1st Class (SW) Nicholas McCann, S-2 Galley's leading petty officer.

From all this raw food, the CSs work day and night over hot ovens, cauldrons and fryers to feed the crew.

"When you leave your shop; you turn

your computers off, the lights off, all that stuff gets shut down," said McCann. "When my guys leave they have another crew coming in to cook. It's a constant, never ending process."

Most days, the galley feels like an oven itself. In the sweltering heat, CSs chop vegetables, flip steaks, bake potatoes, and haul in more supplies for the next meal.

Cooking day

and night for the crew of a Nimitz-class aircraft carrier may seem like a thankless job, but with all this hard work comes a few special rewards.

"For one thing, we never have to wait in line for chow," said Culinary Specialist 3rd Class Matthew Nohe, from Helicopter Anti-Submarine Squadron 2, who is currently assigned to S-2 Galley.

The importance of an excellent galley staff cannot be overstated. Without food, a warship's crew cannot function. But for members of Lincoln's S-2 Galley, food service means more than just put-



Photo by MCSN Timothy Roache

USS Abraham Lincoln (CVN 72) Culinary Specialists work around the clock to make sure the crew on board Abe have the opportunity to catch three square meals a day. Culinary Specialist Seaman Hosea Burnette covers raw meat with breading.

ting food on sailor's plates. Lincoln and CVW 2 CSs know that when they do their job well, the crew responds.

"Taking pride in what we do helps the morale of the crew," said Culinary Specialist 2nd Class Wartrina Butler, from Strike Fighter Squadron 34 who works in the aft galley. "After a long day of work, Sailors need to see good looking food and smiling faces behind the service line."

PORT

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and contributed to other projects to extend good will.

According to Personnel Specialist 1st Class (SW/AW) Jon Westrum, these projects are "a great chance to give back to the community [and] spend time with friends."

Westrum is a member of Lincoln's First Class Petty Officer's Association (FCA). The FCA volunteered to repaint a classroom at the Banayihan Trust, a Hong Kong charity.

"We're part of a military organization, and with our primary job being what it is, it's nice to do something a little bit different, something where we're giving back in a positive light and showing good citizenship," he said.

Many Sailors also took advantage of offers of in-home meals with local residents.

In all, amidst the shopping, tours, food and local nightlife, ALCSG Sailors had the opportunity to enjoy the sights, sounds and tastes of Hong Kong before returning to sea.

Features

Lincoln Sailors chase the “Hare” in Sek Kong

By MC1(SW) JOAQUIN JUATAI
Penny Press staff

One of the many ways Sailors can enjoy a visit in a foreign port is to participate in a sporting event. A fun way to meet new people and experience the countryside in almost any major city in the world is to participate in a fun run with a local chapter of the Hash House Harriers (HHH).

HHH is a running club begun by British runners in Malaysia in the early 20th century. Runners met at a “hash house”, British slang for a cheap place to eat, went for a run, then ate and celebrated.

The club has since evolved into an international phenomenon. Although the use of adult beverages is a part of the tradition, concessions are always made for those who do not drink, but do enjoy the camaraderie and the exercise.

The run’s format is a little unique; the “hares” set the run, leaving trail markings indicating where the runners should go. There are several different types of markings, including arrows pointing the right direction. Sometimes, those arrows are deceptive, which means the Harriers, or runners, may need to go back to find a different route and, hopefully, the markings of the true trail.

The traditional shout of, “trail”, or “on on!” could be heard ringing through the countryside as Sailors from USS Abraham Lincoln (CVN 72), Explosive Ordnance Disposal Mobile Unit (EODMU) 11, Detachment 9 and Helicopter Anti Submarine Squadron (HS) 2, joined the Sek Kong Hash House Harriers Sunday, April 9, for an afternoon’s Hash.

Sek Kong is in the New Territories, where there used to be a British Air Force base (the base now belongs to the Chinese military). The club members are primarily British and Australian with a sprinkling of local Chinese.

The trail began at a park near a local reservoir. The General Manager of the Sek Kong club, whose hash name is Destroyer, hared the run, having set a “mild” trail earlier that morning in honor of the visiting Americans.

Before the run began, Destroyer explained the rules to the first-time hashers in the group. Then it was off, through the streets first and down a nice false trail into a boulder run that would have left many of the runners bleeding had it been the actual route.

Once the runners found the correct trail again, they ran along more roadways, through a small residential area, rice paddies and pig farms.

About three-and-a-half miles into the run, they came to the “Stairway to Heaven.” The stairway stretches about 1/4 mile back up the mountainside they had run down and around.



Photo by MC1(SW) Joaquin Juatai

The Sek Kong Hash House Harriers general manager, known as “Destroyer”, explains trailmarkings to Lincoln Sailors as members of the SKH3 look on. ALSCSG Sailors joined the SKH3 for a run while in Hong Kong April 9.

Finally, after a little more than four miles, the hashers were finished, back at the park where they started. Then, it was time for the traditional “circle”, where “business” is conducted. This business consists primarily of giving each other a hard time about whatever one can – and sharing a little camaraderie and libation.

One of the traditions of the HHH is to give members a name after their third run. Chief Engineman (EOD) James C. Lisenby, of EODMU 11, asked the club for a name. Although unusual, he was awarded the moniker “Lydia,” after the song, “Lydia the Tattooed Lady”. Another tradition of the HHH is a little bit of bawdiness.

In all, the Sailors and their hosts enjoyed the run immensely, and even traded T-shirts commemorating the event.

According Aviation Warfare Specialist 2nd Class (AW/NAC) Brandon Stampfer, of Lincoln’s Operations Department, the run was a great liberty experience.

“I really enjoyed myself,” said Stampfer. “It was a great way to interact with the locals, a very interesting way to see the countryside and I am really looking forward to doing it again.”

Plans are in the works to arrange HHH runs with local clubs in each port Lincoln hits on the deployment.

“I’m going to do it every time we come into port,” Stampfer added.

For more information about the Hash House Harriers, look up the club’s history on the Web, or contact Mass Communications Specialist 1st Class (SW) Joaquin Juatai at j-dial 476.

Local News



Shipmates

The strength of a warship lies in the hearts and hands of its crew



Photo by MC3 James McGury

Aerographer's Mate 3rd Class Doron S. Dill launches a weather balloon from the fantail aboard USS Abraham Lincoln (CVN 72). USS Abraham Lincoln and Carrier Air Wing (CVW) 2 are currently underway to the Western Pacific for a scheduled deployment.

Editor's Top 10

Signs Abe Sailors are hydrating too "aggressively"

10. The lines for chow are now gone. The bad part is they all moved to the head.
9. Water replaces cash at ship's store.
8. Sailors go to bed in a normal rack, but wake up in a water bed.
7. MC2 Michael Cook will say, "Thank you, but no, I do not want a Mountain Dew."
6. Sailors bottle unused shower water "for a rainy day."
5. Water, shmater, I just saved a load of money by switching my insurance to Geico.
4. MWR offers tours to numerous bottled-water companies.
3. Sailors go to medical to get an IV to hydrate because they're "tired of doing it the hard way."
2. The ship's store sells out of new underwear and utility pants.
1. Top 10 isn't completed do to numerous head calls.

USS Abraham Lincoln Safety Department's

Safety Sailor of the Week



YN1 (SW) JOSH Keleman



While looking through his spaces, YN1(SW) Josh Keleman of OY Division found a lone respirator lying around and did the right thing by returning it to Respirator Issue.

For returning a dink respirator that he found, Keleman is Abe's Safety Sailor of the Week